

# 2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 52: Range of Minutes Exercised by Children on a Typical Weekday (Diary Sample)**

Did your child exercise or was he/she physically active any time during this part of the day (morning, afternoon, evening)?

Number of minutes your child spent doing each exercise or activity.

How vigorously did your child participate in this exercise or activity?

	Average Minutes of Light, Moderate, and Vigorous Physical Activity, Percent of Children		
	<30	30-59	≥60
<b>Total</b>	<b>11</b>	<b>23</b>	<b>67</b>
<b>Gender</b>			
Males	8	20	72
Females	13	27	60
<b>Ethnicity</b>			
White	13	22	65
African American	7	32	61
Latino	12	21	67
Asian/Other	3	25	72
<b>Income</b>			
≤\$19,999	12	19	69
\$20,000 - \$49,999	12	25	63
≥\$50,000	9	22	68
<b>Federal Poverty Level</b>			
≤ 185%	17	21	62
> 185%	8	24	69
<b>Food Stamps</b>			
Yes	11	14	74
No	11	23	66
<b>Overweight Status</b>			
Not at Risk	9	24	67
At Risk/Overweight	14	21	65
<b>Physical Activity</b>			
≥60 minutes	N/A	N/A	N/A
<60 minutes	N/A	N/A	N/A
<b>School Breakfast</b>			
Yes	10	15	75
No	11	24	65
<b>School Lunch</b>			
Yes	11	26	63
No	10	19	72
<b>Nutrition Lesson</b>			
Yes	8	24	69
No	15	22	63
<b>Exercise Lesson</b>			
Yes	9	22	68
No	13	24	62

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

\*\* p<.01

## 2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 53: Minutes of Light, Medium, Hard and Total Physical Activity  
on a Typical Weekday (Diary Sample)**

Number of minutes your child spent doing each exercise or activity.

How vigorously did your child participate in this exercise or activity?

	Level of Physical Activity in Minutes, Mean			Total Minutes, Mean
	Light	Moderate	Hard	
<b>Total</b>	<b>16</b>	<b>30</b>	<b>45</b>	<b>91</b>
<b>Gender</b>				
Males	13 **	31	58 ***	103 ***
Females	19	27	30	78
<b>Ethnicity</b>				
White	14	32	39 <sup>a</sup> *	87
African American	14	36	43 <sup>ab</sup>	87
Latino	18	27	46 <sup>ab</sup>	93
Asian/Other	15	27	58 <sup>b</sup>	102
<b>Income</b>				
≤\$19,999	16	25	60 <sup>b</sup> *	101
\$20,000 - \$49,999	15	31	44 <sup>ab</sup>	93
≥\$50,000	16	29	41 <sup>a</sup>	88
<b>Federal Poverty Level</b>				
≤ 185%	15	23 **	54 **	93
> 185%	16	32	41	91
<b>Food Stamps</b>				
Yes	17	25	74 **	114 *
No	16	30	42	89
<b>Overweight Status</b>				
Not at Risk	18 *	33 *	42	94
At Risk/Overweight	12	25	48	87
<b>Physical Activity</b>				
≥60 minutes	N/A	N/A	N/A	N/A
<60 minutes	N/A	N/A	N/A	N/A
<b>School Breakfast</b>				
Yes	19	32	59 **	111 ***
No	15	29	42	87
<b>School Lunch</b>				
Yes	15	27	47	90
No	17	33	41	93
<b>Nutrition Lesson</b>				
Yes	15	33 *	47	97 *
No	16	26	42	84
<b>Exercise Lesson</b>				
Yes	16	30	48 *	95 *
No	16	29	37	83

A box around a group of numbers signifies that differences observed within this group are statistically significant.

ANOVA

\* p&lt;.05

\*\* p&lt;.01

\*\*\* p&lt;.001

2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 54: Percentage of Children Who Met Physical Activity Recommendation on a Typical Weekday (Diary Sample)**

Number of minutes your child spent doing each exercise or activity.  
How vigorously did your child participate in this exercise or activity?

	Minutes of Moderate and Vigorous Physical Activity, Percent of Children	
	<60	≥60
<b>Total</b>	<b>47</b>	<b>53</b>
<b>Gender</b>		
Males	38	62
Females	58	42
<b>Ethnicity</b>		
White	46	54
African American	48	52
Latino	48	52
Asian/Other	43	57
<b>Income</b>		
≤\$19,999	48	52
\$20,000 - \$49,999	47	53
≥\$50,000	47	53
<b>Federal Poverty Level</b>		
≤ 185%	49	51
> 185%	46	54
<b>Food Stamps</b>		
Yes	37	63
No	48	52
<b>Overweight Status</b>		
Not at Risk	47	53
At Risk/Overweight	48	52
<b>Physical Activity</b>		
≥60 minutes	N/A	N/A
<60 minutes	N/A	N/A
<b>School Breakfast</b>		
Yes	40	60
No	48	52
<b>School Lunch</b>		
Yes	49	51
No	43	57
<b>Nutrition Lesson</b>		
Yes	47	53
No	46	54
<b>Exercise Lesson</b>		
Yes	46	54
No	50	50

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\*\*\* p<.001

**2003 California Children's Healthy Eating and Exercise Practices Survey**

**Table 55: Mode of Transportation to and from School  
on a Typical School Day (Diary Sample)**

What was the primary way your child got *to school* today?

What was the primary way your child got home *from school* today?

<b>Transportation Mode <u>to</u> School</b>	<b>Average Percent</b>
Car/carpool	71
School bus	11
Walk	18
Bicycle	1
<b>Transportation Mode <u>from</u> School</b>	<b>Average Percent</b>
Car/carpool	62
School bus	13
Walk	24
Bicycle	1

Excludes those reporting "other" and "home school."

Columns may not add up to 100% because a subset of the categories is presented.  
Percents averaged over two days.

California Department of Health Services: September 2005

## 2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 56: Percentage of Children Who Reported Walking *to* School on a Typical Weekday (Diary Sample)**

What was the primary way your child got *to school* today?

	Children Who Walked to School, Average Estimated Percent <sup>1</sup>
<b>Total</b>	<b>18</b>
<b>Gender</b>	
Males	20
Females	15
<b>Ethnicity</b>	
White	14
African American	18
Latino	22
Asian/Other	14
<b>Income</b>	
≤\$19,999	33 <sup>b</sup> ***
\$20,000 - \$49,999	19 <sup>a</sup>
≥\$50,000	13 <sup>a</sup>
<b>Federal Poverty Level</b>	
≤ 185%	26 ***
> 185%	13
<b>Food Stamps</b>	
Yes	38 **
No	16
<b>Overweight Status</b>	
Not at Risk	16
At Risk/Overweight	18
<b>Physical Activity</b>	
≥60 minutes	17
<60 minutes	18
<b>School Breakfast</b>	
Yes	31 ***
No	15
<b>School Lunch</b>	
Yes	24 ***
No	8
<b>Nutrition Lesson</b>	
Yes	18
No	17
<b>Exercise Lesson</b>	
Yes	17
No	18

<sup>1</sup> Participants get one point for walking to school on day 1 and one point for day 2. The mean of the two-day score is presented. The average estimated percent ranges from 0-1. Excludes those reporting "other" and "home school."

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

\*\* p<.01

\*\*\* p<.001

## 2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 57: Percentage of Children Who Reported Walking Home  
from School on a Typical Weekday (Diary Sample)**

What was the primary way your child got home from school today?

	Children Who Walked Home from School, Average Estimated Percent <sup>1</sup>
<b>Total</b>	<b>24</b>
<b>Gender</b>	
Males	25
Females	22
<b>Ethnicity</b>	
White	17 <sup>a</sup> *
African American	30 <sup>ab</sup>
Latino	29 <sup>b</sup>
Asian/Other	23 <sup>ab</sup>
<b>Income</b>	
≤\$19,999	37 <sup>b</sup> ***
\$20,000 - \$49,999	28 <sup>b</sup>
≥\$50,000	17 <sup>a</sup>
<b>Federal Poverty Level</b>	
≤ 185%	33 ***
> 185%	19
<b>Food Stamps</b>	
Yes	35
No	23
<b>Overweight Status</b>	
Not at Risk	23
At Risk/Overweight	24
<b>Physical Activity</b>	
≥60 minutes	23
<60 minutes	25
<b>School Breakfast</b>	
Yes	38 ***
No	20
<b>School Lunch</b>	
Yes	30 ***
No	14
<b>Nutrition Lesson</b>	
Yes	24
No	24
<b>Exercise Lesson</b>	
Yes	22
No	27

<sup>1</sup> Participants get one point for walking home from school on day 1 and one point for day 2. The mean of the two-day score is presented. The average estimated percent ranges from 0-1.

Excludes those reporting "other" and "home school."

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

\* p&lt;.05

\*\*\* p&lt;.001

## 2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 58: Percentage of Children Using a Physically Active Mode of Transportation<sup>1</sup> to and from School on a Typical Weekday (Diary Sample)**

What was the primary way your child got to school today?

What was the primary way your child got home from school today?

	Children Using a Physically Active Mode of Transportation to and from School, Average Estimated Percent <sup>2</sup>
<b>Total</b>	<b>17</b>
<b>Gender</b>	
Males	20 *
Females	14
<b>Ethnicity</b>	
White	14
African American	17
Latino	21
Asian/Other	14
<b>Income</b>	
≤\$19,999	32 <sup>b</sup> ***
\$20,000 - \$49,999	20 <sup>b</sup>
≥\$50,000	12 <sup>a</sup>
<b>Federal Poverty Level</b>	
≤ 185%	27 ***
> 185%	13
<b>Food Stamps</b>	
Yes	36 **
No	16
<b>Overweight Status</b>	
Not at Risk	15
At Risk/Overweight	19
<b>Physical Activity</b>	
≥60 minutes	17
<60 minutes	18
<b>School Breakfast</b>	
Yes	30 ***
No	14
<b>School Lunch</b>	
Yes	23 ***
No	8
<b>Nutrition Lesson</b>	
Yes	17
No	17
<b>Exercise Lesson</b>	
Yes	16
No	19

<sup>1</sup> Physically active modes of transportation include walking and bicycling.

<sup>2</sup> Participants get one point for walking or biking to and from school on day 1 and one point for day 2. The mean of the two-day score is presented. The average estimated percent ranges from 0-1.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

ANOVA

\* p<.05

\*\* p<.01

\*\*\* p<.001

**2003 California Children's Healthy Eating and Exercise Practices Survey**

**Table 59: Comparison of the Frequency and Amount of Time Spent in School Physical Education Classes Between Children Reporting Any PE and All Children (Diary Sample)**

Not including recess or lunch, during the current school year, do you have any PE (Physical Education) or gym classes that are taught by a teacher, coach, athletic instructor or some other type of adult teacher?  
 About how often did you have to attend a gym or physical education class?  
 Thinking of a typical gym or PE (Physical Education) class, for about how many minutes does this class last when you have it?

	Times Per Week Children Reported Having Physical Education Classes, Percent				PE Classes Per Week, Mean	Time Spent in PE Class, Mean Minutes
	<1	1-2	3-4	5+		
<b>Children Reporting Any PE Classes Only</b>	9	56	22	13	2.3	40.3
<b>Across All Children</b>	18	50	20	12	2.1	36.6

Excludes those reporting "not sure" if had PE; "don't know" how often had PE; and "don't know" how many minutes of PE.

Rows may not add up to 100% due to rounding.

California Department of Health Services: September 2005



**2003 California Children's Healthy Eating and Exercise Practices Survey**

**Table 60: Frequency and Amount of Time Spent in School Physical Education Classes by California Children (Diary Sample)**

Not including recess or lunch, during the current school year, do you have any PE (Physical Education) or gym classes that are taught by a teacher, coach, athletic instructor or some other type of adult teacher?

About how often did you have to attend a gym or physical education class?

Thinking of a typical gym or PE (Physical Education) class, for about how many minutes does this class last when you have it?

	PE Classes Per Week, Mean	Time Spent in PE Class, Mean Minutes
<b>Total</b>	<b>2.1</b>	<b>37</b>
<b>Gender</b>		
Males	2.0	35 **
Females	2.2	39
<b>Ethnicity</b>		
White	2.1 <sup>ab</sup> **	37 <sup>ab</sup> **
African American	2.5 <sup>b</sup>	39 <sup>ab</sup>
Latino	1.8 <sup>a</sup>	34 <sup>a</sup>
Asian/Other	2.3 <sup>b</sup>	41 <sup>b</sup>
<b>Income</b>		
≤\$19,999	1.7 <sup>a</sup> *	28 <sup>a</sup> ***
\$20,000 - \$49,999	2.0 <sup>a</sup>	37 <sup>b</sup>
≥\$50,000	2.2 <sup>a</sup>	39 <sup>b</sup>
<b>Federal Poverty Level</b>		
≤ 185%	1.8 **	32 ***
> 185%	2.2	39
<b>Food Stamps</b>		
Yes	2.1	28 **
No	2.1	37
<b>Overweight Status</b>		
Not at Risk	2.1	37
At Risk/Overweight	2.0	36
<b>Physical Activity</b>		
≥60 minutes	2.1	36
<60 minutes	2.0	37
<b>School Breakfast</b>		
Yes	2.0	34
No	2.1	37
<b>School Lunch</b>		
Yes	2.0	35 *
No	2.1	39
<b>Nutrition Lesson</b>		
Yes	2.2 *	37
No	1.9	36
<b>Exercise Lesson</b>		
Yes	2.2 **	37
No	1.7	35

Excludes those reporting "not sure" if had PE; "don't know" how often had PE; and "don't know" how many minutes of PE.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

\* p<.05

\*\* p<.01

\*\*\* p<.001

2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 61: Minutes Spent on Sedentary Activities on a Typical Weekday:  
Television, Video Games and Computer for Fun (Diary Sample)**

How many minutes did your child watch TV/videos for fun or play computer games or play video games for fun during each of the three major parts of the day?

	Minutes Spent Watching TV or Playing Video/Computer Games, Mean <sup>1</sup>	Met Healthy People 2010 Guideline for 2 or Fewer Hours of Sedentary Activity, Percent <sup>2</sup>
<b>Total</b>	<b>90</b>	<b>79</b>
<b>Gender</b>		
Males	93	75 **
Females	87	84
<b>Ethnicity</b>		
White	79 <sup>a</sup> *	80
African American	106 <sup>a</sup>	77
Latino	99 <sup>a</sup>	75
Asian/Other	84 <sup>a</sup>	89
<b>Income</b>		
≤\$19,999	128 <sup>b</sup> ***	66 **
\$20,000 - \$49,999	91 <sup>a</sup>	79
≥\$50,000	80 <sup>a</sup>	82
<b>Federal Poverty Level</b>		
≤ 185%	111 ***	73 **
> 185%	80	82
<b>Food Stamps</b>		
Yes	116	71
No	89	79
<b>Overweight Status</b>		
Not at Risk	87	78
At Risk/Overweight	98	79
<b>Physical Activity</b>		
≥60 minutes	90	78
<60 minutes	90	80
<b>School Breakfast</b>		
Yes	91	75
No	90	80
<b>School Lunch</b>		
Yes	100 **	76 *
No	77	84
<b>Nutrition Lesson</b>		
Yes	88	79
No	93	79
<b>Exercise Lesson</b>		
Yes	90	80
No	91	77

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

<sup>1</sup> ANOVA

<sup>2</sup> Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 62: Amount of Physical Activity Children Believed They Needed for Good Health (Phone Sample)**

About how many minutes do you think you should exercise or be physically active each day for good health?

About how many days each week do you think you should exercise or be physically active by doing things like bicycling, dancing, or playing basketball for at least 30 minutes at a time one hour?

	Physical Activity Believed Needed, Percent of Children
	<b>≥60</b>
<b>Total</b>	<b>24</b>
<b>Gender</b>	
Males	24
Females	23
<b>Ethnicity</b>	
White	22
African American	22
Latino	26
Asian/Other	23
<b>Income</b>	
≤\$19,999	4 **
\$20,000 - \$49,999	26
≥\$50,000	27
<b>Federal Poverty Level</b>	
≤ 185%	19
> 185%	25
<b>Food Stamps</b>	
Yes	18
No	24
<b>Overweight Status</b>	
Not at Risk	26
At Risk/Overweight	23
<b>Physical Activity</b>	
≥60 minutes	23
<60 minutes	24
<b>School Breakfast</b>	
Yes	18
No	25
<b>School Lunch</b>	
Yes	22
No	26
<b>Nutrition Lesson</b>	
Yes	24
No	23
<b>Exercise Lesson</b>	
Yes	26
No	17

Excludes those reporting "don't know."

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\*\* p<.01

# 2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 63: Percentage of Children Who Played Sports Outside of Physical Education Classes (Diary Sample)**

During the current school year, have you taken any type of sports lesson, sports class or played on a sports team that was not part of your school PE (Physical Education) or gym class?

	Children Who Played Sports Outside of PE, Percent	
<b>Total</b>	<b>64</b>	
<b>Gender</b>		
Males	67	
Females	61	
<b>Ethnicity</b>		
White	64	**
African American	46	
Latino	62	
Asian/Other	81	
<b>Income</b>		
≤\$19,999	44	***
\$20,000 - \$49,999	65	
≥\$50,000	68	
<b>Federal Poverty Level</b>		
≤ 185%	53	***
> 185%	69	
<b>Food Stamps</b>		
Yes	47	*
No	65	
<b>Overweight Status</b>		
Not at Risk	68	*
At Risk/Overweight	59	
<b>Physical Activity</b>		
≥60 minutes	74	***
<60 minutes	53	
<b>School Breakfast</b>		
Yes	57	
No	66	
<b>School Lunch</b>		
Yes	60	**
No	70	
<b>Nutrition Lesson</b>		
Yes	66	
No	61	
<b>Exercise Lesson</b>		
Yes	68	**
No	55	

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

## 2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 64: Top Ten Most Common Forms of Exercise or Physical Activity per Typical Weekday for All Occasions (Diary Sample)**

Type of exercise, physical activity, or sports in which your child participated during this part of the day (morning, afternoon, evening).

Rank	State Total	Boys	Girls
1st	Walking	Basketball	Walking
2nd	Basketball	Running/ Jogging	Running/ Jogging
3rd	Running/ Jogging	Walking	Playground Games
4th	General Recess	General Recess	General Recess
5th	Bicycling	Bicycling	Basketball
6th	General P.E.	Baseball	Playground Equipment <sup>4</sup>
7th	General Play <sup>1</sup>	Soccer	General P.E.
8th	Baseball	General Play	Bicycling
9th	Playground Games <sup>2</sup>	General P.E.	Rope Skipping
10th	Soccer	Tag <sup>3</sup>	General Play

Rank	White	African-American	Latino	Asian/Other
1st	Running/ Jogging	Basketball	Walking	Walking
2nd	Walking	Running/ Jogging	Basketball	Basketball
3rd	Basketball	Walking	Running/ Jogging	Running/ Jogging
4th	General Recess	Dancing	General Recess	General Recess
5th	Playground Games	General Recess	Bicycling	Bicycling
6th	Bicycling	Kickball	General Play	Baseball
7th	Baseball	General Play	General P.E.	General P.E.
8th	General P.E.	General P.E.	Baseball	Soccer
9th	General Play	Playground Games	Soccer	General Play
10th	Playground Equipment	Bicycling	Playground Games	Playground Equipment

<sup>1</sup> General play includes tree climbing, playing with the dog, etc.

<sup>2</sup> Playground games include hopscotch, four-square, tetherball, etc.

<sup>3</sup> Tag includes tag, capture the flag, hide and seek, etc.

<sup>4</sup> Playground equipment includes swings, see-saw, bars, slide, etc.

Shaded boxes were tied for a ranking.

## 2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 65: Frequency of School Physical Education Classes by Average Minutes of Physical Activity (Diary Sample)**

About how often did you have to attend a gym or physical education class?  
Number of minutes your child spent doing each exercise or activity.

Physical Education Classes	Percent	Mean Minutes of Physical Activity
Times per week		
None	9	84.6 <sup>a</sup>
≤ 1	29	88 <sup>a</sup>
2	30	89.6 <sup>a</sup>
3-4	20	81.6 <sup>a</sup>
5	12	122.6 <sup>b</sup>

Excludes those reporting "don't know" how often.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

\*\*\* p<.001

California Department of Health Services: September 2005

# 2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 75: Range in Days per Week that Children Met the Physical Activity Guideline (Diary Sample)**

For about how many days in the past week did you exercise or were you physically active for a total of 60 minutes (or more) throughout the day?

	Days per Week Getting 60+ Minutes of Moderate and/or Vigorous PA, Percent of Children			
	0-2	3-4	5-6	7
<b>Total</b>	<b>20</b>	<b>24</b>	<b>34</b>	<b>22</b>
<b>Gender</b>				
Males	13	22	36	28
Females	28	26	31	16
<b>Ethnicity</b>				
White	16	27	32	25
African American	20	27	34	18
Latino	25	19	33	23
Asian/Other	15	31	39	16
<b>Income</b>				
≤\$19,999	25	16	35	23
\$20,000 - \$49,999	20	23	34	22
≥\$50,000	18	26	33	22
<b>Federal Poverty Level</b>				
≤ 185%	21	21	35	23
> 185%	20	25	33	22
<b>Food Stamps</b>				
Yes	23	9	17	51
No	20	24	35	20
<b>Overweight Status</b>				
Not at Risk	17	22	35	26
At Risk/Overweight	23	27	34	16
<b>Physical Activity</b>				
≥60 minutes	5	23	37	34
<60 minutes	37	24	30	9
<b>School Breakfast</b>				
Yes	10	12	41	37
No	22	26	32	19
<b>School Lunch</b>				
Yes	20	21	34	25
No	19	28	34	19
<b>Nutrition Lesson</b>				
Yes	16	27	35	22
No	26	20	32	22
<b>Exercise Lesson</b>				
Yes	20	25	32	23
No	21	20	38	21

Excludes those reporting "don't know."

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

## 2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 76: Days of Physical Activity Believed to Be Needed Compared with Actual Activity Level (Phone Sample)**

About how many days each week do you think you should exercise or be physically active ~~by doing things like bicycling, dancing, or playing basketball for at least 30 minutes at a time one hour?~~

For about how many days in the past week did you exercise or were you physically active for a total of 60 minutes (or more) throughout the day?

Physical Activity	Percent	Days per Week Getting 60+ Minutes of Moderate and/or Vigorous PA, Percent of Children			
		0-2	3-4	5-6	7+
Days believed to be needed					
0-2	7	11	30	48	11
3-4	25	25	26	33	16
5-6	31	20	32	29	20
7+	37	14	22	39	25

Excludes those reporting "don't know."

Rows may not add up to 100% due to rounding.

California Department of Health Services: September 2005



# 2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 77: Percentage of Children Who Participated in Adult-Supervised, Informal Physical Activities After School (Diary Sample)**

Other than sports lessons, classes, or teams, during a typical school week do you attend any adult-supervised, informal, physical activities after school?

	Participation in Informal Physical Activities, Percent of Children
<b>Total</b>	<b>31</b>
<b>Gender</b>	
Males	33
Females	27
<b>Ethnicity</b>	
White	27 ***
African American	50
Latino	26
Asian/Other	43
<b>Income</b>	
≤\$19,999	29
\$20,000 - \$49,999	32
≥\$50,000	30
<b>Federal Poverty Level</b>	
≤ 185%	25 *
> 185%	33
<b>Food Stamps</b>	
Yes	23
No	31
<b>Overweight Status</b>	
Not at Risk	34
At Risk/Overweight	28
<b>Physical Activity</b>	
≥60 minutes	34 *
<60 minutes	27
<b>School Breakfast</b>	
Yes	36
No	29
<b>School Lunch</b>	
Yes	30
No	31
<b>Nutrition Lesson</b>	
Yes	36 **
No	24
<b>Exercise Lesson</b>	
Yes	35 ***
No	21

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001